

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (Canceled).
2. (Canceled).
3. (Canceled).
4. (Canceled).
5. (Previously presented) A mat comprising:
 - (a) a mat base having a top surface and a bottom surface;
 - (b) a plurality of long legs perpendicularly attached to the bottom surface of the mat base for resiliently supporting the mat base;
 - (c) a plurality of short legs perpendicularly attached to the bottom surface of the mat base for supporting the mat base and modifying the resiliency of the mat, wherein the long legs and the short legs are adapted to provide a selected mat compression when a load is applied to the top surface of the mat;
 - (d) a plurality of ribs wherein each said rib connects a pair of legs and wherein the length perpendicular to the mat of each said rib is approximately the length of the legs to which it is attached, but not longer than either of the legs to which it is attached, for preventing the mat from becoming embedded within a floor grating upon which it sits; and
 - (e) a plurality of channels subdividing the mat top surface into mat segments, wherein each said channel has a floor and a lateral wall surface and wherein the

lateral wall surface has a drain opening permitting drainage from the top surface of the mat to below the bottom surface of the mat.

6. (Previously presented) The mat of claim 5 further comprising:
 - (a) a plurality of grit trenches embedded within the top surface of the mat, wherein each said grit trench has two open ends and each said end is bounded by a retention lip forming a dam for retaining adhesive and grit; and
 - (b) grit bonded into the trenches by an adhesive.
7. (Original) The mat of claim 6, wherein at least one grit trench is supported by some of the long legs perpendicularly attached to the bottom surface of the mat for reducing flexure within the trench.
8. (Canceled).
9. (Canceled).
10. (Canceled).
11. (Canceled).
12. (Canceled).
13. (Canceled).
14. (Canceled).
15. (Previously presented) The mat of claim 6, wherein the grit trenches are formed into X-shaped configurations.
16. (Previously presented) The mat of claim 7, wherein the grit trenches are formed into X-shaped configurations.
17. (Canceled).

18. (Canceled).

19. (Canceled).

20. (Canceled).